



Senior Lunch Menu – March 2012

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
	Suggested Donation - \$2.50 Meal Cost for Under Age 60 - \$3.50		Creamy Spinach Soup w/Crackers Salisbury Steak w/Mushroom Gravy Mashed Potatoes Wheat Bread Fresh Fruit	Tuna Salad Sandwich On Wheat Bread Carrot Salad Pea Salad Chocolate Pudding
5	6	7	8	9
Holly Farm Chicken Leg Coleslaw Sliced Carrots Dinner Roll Fresh Fruit	Pork Loin Roast w/Gravy Brown Rice Peas and Carrots Whole Wheat Roll Applesauce Pineapple Juice	Lentil Soup w/Crackers Chicken Sandwich Whole Wheat Bun Lettuce/Tomato/Onion California Vegetables Blend Oatmeal Cookies	Home-made Beef Stew 4-Way Salad w/Italian Dressing Winter Blend Vegetables Corn Muffin Fruit Salad	Minestrone Soup w/Crackers Cheese Ravioli w/ Meat Sauce Caesar Salad Sourdough Bread Fresh Fruit
12	13	14	15	16
Teriyaki Chicken Steamed Rice Oriental Blend Vegetables Almond & Fortune Cookie Orange Juice	Hamburger Whole Wheat Bun Lettuce/Tomato/Onion Potato Salad Cucumber Salad Canned Peaches	Fish w/White Sauce & Parsley Egg Noodles Steamed Broccoli Dinner Roll Fruited Gelatin	St. Patrick's Day Corned Beef Cabbage Steamed Carrots Baby Potatoes Rye Bread Shamrock Dessert	Cream of Tomato Soup w/Crackers Vegetarian Quiche (Spinach, Mushroom, Cheese) 4-Way Tossed Salad w/Dressing Wheat Roll Fresh Fruit
19	20	21	22	23
Spaghetti w/ Meatballs & Marinara Italian Blend Vegetables Sourdough Roll Parmesan Cheese Fruit Cup	Tortilla Soup w/Tortilla Chips Pork Chili Verde Black Beans Flour Tortilla Salsa Chocolate Chips	Split Pea Soup w/Crackers Beef Pot Roast w/ Gravy Mashed Potatoes Wheat Roll Lemon Pudding	Birthday Celebration Chicken w/Herb Gravy Orzo with Vegetables (Peas & Carrots) Whole Wheat Roll Fresh Fruit	Cheese Omelet Potato O'Brien Caesar Salad Wheat Roll Salsa Tropical Fruit Mix
26	27	28	29	30
Roast Turkey w/Gravy Mashed Potatoes Squash Medley Cranberry Sauce Parker House Roll Cantaloupe	Swedish Meatballs Egg Noodles Whole Baby Carrots Wheat Roll Fruit Cocktail	Chili Con Carne w/ Onion/Shredded Cheese Garden Green Salad Ranch Dressing Corn Muffin Apple Crisp	Chicken Fricassee Brown Rice Winter Blend Vegetables Wheat Roll Chilled Mandarin Oranges	Mexican Corn Soup Fish Vera Cruz Rice Pilaf Wheat Roll Butterscotch Pudding SF Whipped Topping

All Meals comply with the Dietary Guidelines for Americans (DGA) 2005 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems. This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.

*Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. 1% milk served daily. Has 1,000 mg or more of sodium. Low Cholesterol, 0% transfat buttery spread served with bread and rolls